



The 1 Thing You Should Stop Doing

IF YOU WANT YOUR KIDS TO LISTEN

Step 1

STOP YELLING COMMANDS FROM THE OTHER ROOM.

Step 2

INSTEAD, TRY GAINING EYE CONTACT WITH YOUR CHILD BY SAYING THEIR NAME. (THIS MEANS YOU MIGHT HAVE TO PUT DOWN YOUR PHONE OR WHATEVER ELSE MAY DISTRACT YOU...)

Step 2.5

IF YOUR CHILD DOESN'T HEAR YOU WHEN YOU SAY THEIR NAME, GAIN THEIR ATTENTION BY SAYING THEIR NAME AGAIN AND ALSO GENTLY TOUCHING THEIR SHOULDER.

Step 3

ONCE YOU HAVE EYE CONTACT, ASK YOUR CHILD TO DO SOMETHING SIMPLE LIKE, "MASON... COULD YOU PLEASE GO HANG UP YOUR COAT?"

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